

Physical Education Reform and Quality Education in Colleges and Universities

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Abstract: With the continuous development of Chinese economy, China's education level is also constantly improving, and schools are paying more and more attention to physical education. As an important item of college education, physical education in China has also made good achievements in recent years, encouraging more college students to learn sports. With the reform of general education, a series of innovations have been made in college physical education. By attaching importance to the reform of physical education teaching in colleges and universities, we can improve the overall physical quality and basic moral quality of college students in our country.

1. Introduction

Around the period of reform and opening up, China has put forward the slogan of a strong sports country. Our sports are also developing constantly. From the beginning, one person participated in the Olympic Games to the present, the Olympic venues are full of medals, which is a breakthrough in Chinese sports. Physical education in our country is still at the primary stage, and there are no perfect training methods and teaching methods. When colleges and universities teach, they often fail to grasp the key points of teaching and convey the teaching contents incorrectly, resulting in students' sports quality failing to achieve the desired effect, losing students' interest in sports, and having a negative impact on the overall physical quality of College students. Only by constantly analyzing college physical education teaching, and effectively combining quality education, formulating perfect teaching methods and implementing reasonable training methods, can we improve the basic quality of College students.

2. The Position and Function of College Physical Education in Quality Education

2.1 Define the Position of College Physical Education in Quality Education

At present, in terms of higher education in China, not only professional education, but also quality education should be carried out. The main purpose of quality education in Physical Education in colleges and universities in China is to develop students' intellectual, physical and aesthetic qualities, and comprehensively improve the basic qualities of College students. As an important part of College education, physical education plays an important role in implementing quality-oriented education [1]. However, colleges and universities in China pay more attention to students' examination-oriented education, thus neglecting students' physical education and promoting students' basic physical quality.

The decline, to a certain extent, affects the physical education teaching in our country. In recent years, the phenomenon of physical education in Colleges and universities has attracted great attention of the society. It is hoped that in the process of College education, changes in the way of education will take place, and the traditional way of education will be transformed into quality education, so as to promote the all-round development of College students. The innovation and reform of education mode is not only an important opportunity for the development of physical education, but also a arduous task for college physical education.

2.2 Strengthen Quality Education by Utilizing the Advantages of Physical Education in Colleges and Universities

The main purpose of quality education in Colleges and universities is to develop students' inner

beauty and their fine moral character. Quality education involves more psychology of College students. This teaching method can not only enrich the general teaching content, but also better implement quality education in college physical education. Firstly, using the basic functions of physical fitness in Colleges and universities to improve the basic physical quality of College students, to promote the improvement of their physical immunity, to avoid the occurrence of diseases, to enrich the enthusiasm and vitality of College students, can effectively help the development and improvement of their own organs. Secondly, it is to make effective use of college sports competition, enrich students' College life, improve students' motivation, and strive for the upstream character.

Students participating in more sports competitions can better develop students' physical and psychological quality, inculcate students' correct sports spirit, correct values, and to a certain extent develop students' aesthetic ability, cultivate students' self-reliance, self-confidence and other excellent spirit. In addition, it can make full use of the educational function of college physical education. Physical education in Colleges and universities can cultivate students' patriotism, basic collective consciousness, comprehensive development of students' quality, and better cultivate students' competitive consciousness. Improve psychological endurance ability and cultivate students' spirit of self-improvement [2].

3. How to Implement Quality Education in Physical Education in Colleges and Universities

In the process of college physical education, there are inevitably some problems in the implementation of quality education. When facing these problems, we should take correct measures to solve them.

3.1 Changing the Concept of Education and Creating a Loose Environment

In order to implement quality education in the process of college physical education, we should first let the social awareness be recognized, change the concept of education, and correctly realize what college students are indispensable in the new era. Only by being treated correctly by the state and the people, can we smoothly change from traditional education to quality education.

3.2 Correct the guiding ideology of teaching and make it clear that lifelong physical education is the development goal

To carry out quality-oriented education in Physical Education in Colleges and universities in China, it is necessary for the educators of physical education in Colleges and universities to correct their teaching ideas, adapt to the needs of the times and quality-oriented education, pay attention to quality-oriented education in the teaching process, and define the objectives of physical education. In the process of physical education teaching, we should complete the basic teaching of sports skills. Students' mastery of relevant sports skills and knowledge can enhance their interest in sports knowledge and cultivate their sports hobbies. Therefore, strengthening the cultivation of students' basic skills can effectively promote the cultivation of quality. In the process of teaching, we should pay more attention to the cultivation of sports ability. Only when the students' sports ability is trained, can they carry out sports better, develop their abilities and adapt themselves to the society better. Then, it is to promote the coordinated development of the body and mind as the center. In the process of physical education teaching, students are required to coordinate the body and mind. In the process of learning relevant sports knowledge, students are trained to develop their body and mind. Finally, life-long education is the main direction of education. Effective physical education teaching should have a far-sighted view and a better view of the future. It is not only necessary for students to master a certain routine of physical Wushu, but also pay attention to the cultivation of students' sports consciousness [3].

3.3 Improving Teachers' Quality and Emphasizing Students' Subjective Status

Teachers play an important leading role in the process of teaching. In the process of educating and guiding students to learn, and in the implementation of quality education, teachers also guide

students correctly. Therefore, improving teachers' own quality is the key to education. First of all, teachers should receive modern and formal quality education training. Only when teachers correctly realize quality education, can they play an exemplary role and better develop students' quality education. Secondly, teachers should be self-disciplined and be able to set a benchmark for students. Attaching importance to students' principal position is that teachers can carry out quality education around students in the process of physical education teaching, educate students according to their existing problems, carry out educational reform and development from the perspective of students, and meet students' development needs [4].

3.4 Strengthen the overall teaching reform of the two kinds of courses

The reform of physical education in Colleges and universities is the process of teaching curriculum reform. The two kinds of physical education curriculum refer to the subject curriculum and activity curriculum. The curriculum reform should be embodied in the renewal of teaching materials, the development of students' health education, entertainment education and life education, so as to fully realize the requirements of Physical Education and cultivate students' physical and mental health.

4. Conclusion

In a word, in order to better implement the quality education in college physical education, we should change the teaching thought, correct the teaching thought and clarify the status of quality education [5]. The comprehensive implementation of quality education in physical education teaching can promote a new situation of physical education in Colleges and universities in China.

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